



Navy and Marine Corps Public Health Center
620 John Paul Jones Circle, Suite 1100
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2012 Blue H – Navy Surgeon General's Health Promotion and Wellness Award

Instructions

31 March 2012 (REVISED 2 Jan 2013)

1. Background Information.

The **Health Promotion and Wellness Award** is an annual award sponsored by the Navy Surgeon General and managed by the Navy and Marine Corps Public Health Center, as directed in BUMEDINST 6110.13A. This award encourages and rewards the promotion of health in Navy and Marine Corps organizations. Specifically, the FLEET version recognizes excellence in workplace primary prevention policies, activities and outcomes. The MEDICAL version recognizes excellence in clinical primary prevention, community health promotion and medical staff health in Navy medical organizations. The SEMPER FIT version recognizes excellence in community health promotion by Marine Corps SEMPER FIT Programs.

The Blue H website is:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/blue-h.aspx>

2. Reporting Period.

The reporting period is 1 January – 31 December. Commands should include only policies and activities which were in place or conducted during this time period when completing the criteria set/application. The criteria set/application must be submitted by 1 February of the next year to qualify.

3. Eligibility.

All Navy commands and SEMPER FIT Health Promotion Programs may participate. Medical Treatment Facilities will use the "MEDICAL" criteria. SEMPER FIT Programs will use the "SEMPER FIT" criteria. All other commands, including Military Sealift Fleet Support Command (MSFSC), shore commands and Navy Reserve Navy Operational Support Commands (NOSC), will use the "FLEET" criteria.

4. Combined Applications:

Medical Treatment Facilities (MTF): any medical clinic, geographically separated from the parent MTF, which is led by an OIC or Department Head, must submit independently of their parent MTF. The spirit of this requirement is that geographically separated units must, of necessity, conduct their own community-level and staff-level wellness activities. The MTF and their respective Branch Health/Medical/Dental Clinics are free to take credit for any activity, policy, programs or staff training criterion that are truly "shared". The parent MTF will receive bonus points for each subordinate clinic that submits (3 points for each clinic).

Navy Fleet Commands: For geographically separated fleet commands and detachments, the Detachment Officer in Charge (rather than the geographically separated parent command) should validate the accuracy of the Blue H application and sign the "CO Letter".

Navy Reserve Commands: Navy Reserve Operational Health Support Unit (OHSU) Headquarters and Medical Detachments must coordinate with their parent Navy Operational Support Center (NOSC) on a single award package for the Navy Surgeon General's Blue H Award. OHSU detachments should not

apply independently of their parent NOSC. Per guidance established in the FLEET Criteria Set, NOSC Commanding Officer endorsement is mandatory. If desired by the NOSC Commanding Officer, both the NOSC and OHSU detachment may be named in the award announcement.

5. Standards.

For each criterion, a minimal “pass” standard has been adopted. These thresholds were developed by a working group hosted by NMCPHC and are intended to be challenging but achievable. Commands are awarded points for achieving or exceeding these standards.

If a criterion is not applicable to a command, that command will be awarded the maximum number of points for that criterion.

BRONZE ANCHOR: Every organization that submits a report will receive at least the BRONZE ANCHOR level award.

SILVER EAGLE:

- To achieve the SILVER EAGLE level award, a **MEDICAL** command must accumulate at least 50% of the total available points for every topic and category and must earn a minimum of 50% of the total available points. The Medical-version categories are (1) Clinical Primary Prevention Practice (primary care health behavior assessment), (2) Community Health Services (community assessment and support), and (3) Staff Health. The topics within Staff Health are policy/risk assessment, alcohol abuse prevention, injury prevention, nutrition, physical activity, sexual health, mental health, tobacco use, and weight management.

- To achieve the SILVER EAGLE level award, a **FLEET** command must accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 50% of the total available points. The Fleet-version criteria topics are policy/risk assessment, alcohol abuse prevention, injury prevention, nutrition, physical activity, sexual health, psychological health, tobacco use, and weight management.

- To achieve the SILVER EAGLE level award, a **SEMPER FIT** Program must accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 50% of the total available points. The SEMPER FIT -version criteria topics are HP partnerships, assessment and evaluation, HP tools, nutrition, alcohol and drug abuse prevention, tobacco prevention and cessation, physical fitness, psychological health, sexual health, disease prevention, injury prevention, community outreach and staff training.

GOLD STAR:

- To achieve the GOLD STAR level award, a **MEDICAL** command must accumulate at least 50% of the total available points for every topic and category and must earn a minimum of 80% of the total available points. Additionally, the following criteria must be met:

-- A community-wide / base-wide health and wellness committee has been established and meeting minutes demonstrate the group met at least 3 times during the year.

-- All Health Promotion (HP) staff members (civilian and military E-6 and above) at all MTFs and branch clinics who are in a position as a Health Promotion Coordinator, Director or Health Promotion Department Head or are in a billet as a Public Health Educator must have successfully completed the three-day NMCPHC Navy HP & Wellness Course (or the previous Cooper-version Navy HP Director and Certification Course) within the past 10 years. HP staff E-5 and below must have completed the on-line Navy Health Promotion Basics Course, Level I on NKO within the past 10 years. Information regarding either training can be found at: http://www.nmcphc.med.navy.mil/Healthy_Living/ then click on Training.

- To achieve the GOLD STAR level award, a **FLEET** command must accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 80% of the total available points. Additionally, the lead Health Promotion Coordinator or Director must have successfully completed either the three-day NMCPHC Navy HP & Wellness Course (or the previous Cooper-version Navy HP Director and Certification Course) or the online Navy Health Promotion Basics Course, Level I on NKO within the past 10 years. Information about training can be found at: http://www.nmcphe.med.navy.mil/Healthy_Living/ then click on Training.

- To achieve the GOLD STAR level award, a **SEMPER FIT** Program must accumulate at least 50% of the total available points in each of the topic areas and must earn a minimum of 80% of the total available points.

6. Submission Process.

The blank criteria set/application (MEDICAL, FLEET, SEMPER FIT) may be accessed from the Blue H website.

A person designated by the Commanding Officer/ Officer in Charge (OIC) or Semper Fit Director of the participating command will download and save a copy of the criteria set/application. After completing this criteria set/application and gaining their Commanding Officer's/OIC/Semper Fit Director's approval, the completed criteria set/application may be attached to an e-mail and sent to the Project Manager at <mailto:Michael.r.macdonald@med.navy.mil>.

Additionally, the participating command must e-mail a letter to the project officer from the Commanding Officer (or SEMPER FIT Director; or Officer in Charge for geographically separated fleet commands) which validates the accuracy of the application. A sample "CO Letter" may be downloaded from the Blue H website.

NOTE: NMCPHC requests you submit your score/data via e-mail, as described above **AND** via internet if possible (CaC card access is required). The internet-based report will provide you with immediate feedback about your Blue H score and the award ceremony. The internet-based report is located at <https://nmcphe-hpwebsvr.med.navy.mil/blueh/>.

Award submissions will be acknowledged by return email from NMCPHC. **It is the responsibility of the applicant to ensure and verify their application has been received by NMCPHC.**

Submissions are due by COB 1 February.

7. Notes about the Fleet and Marine Corps Health Risk Assessment (F-MHRA).

The criteria include health risk outcome measures which reveal the current risk behavior of command personnel. These criteria are based on the results of the *Fleet and Marine Corps Health Risk Assessment* (HRA). This tool is web-based, free and completely anonymous. It takes an individual less than 5 minutes to complete the questions. Ideally, each member would complete the HRA once each year. This may occur at any time the command dictates, such as birth month, PHA appointment, safety stand-down day, etc. Each command designates an "administrator" who can retrieve the HRA summary data and print a Commanding Officer's Report. This report informs leaders and managers about the current levels of risk behavior among the command, and can help direct future command-level efforts plus measure change over time. The FMCHRA may be accessed at http://www.nmcphe.med.navy.mil/Healthy_Living/General/healthriskassessment.aspx

Organizations which have more than one UIC may print, from the FMCHRA tool, a report which consolidates data from all of their UICs.

Points are awarded separately for HRA completion rates among a command's military and civilian personnel.

The "Commanding Officer's Report" of the HRA consists of 3 charts: MILITARY results, CIVILIAN (not contractor) results and TOTAL results.

No points are awarded for any of the criteria which utilize MILITARY HRA data unless 50% or more of the MILITARY members assigned completed the FMCHRA during the calendar year.

No points are awarded for any of the criteria which utilize CIVILIAN HRA data unless 25% or more of the CIVILIAN (not contractor) members assigned completed the FMCHRA during the calendar year.

NOTE: Reserve Health Risk Assessment (HRA) Reports. When using the HRA Administrator's Tool on NKO to generate a NOSC Commanding Officer's Report (which tells you the percent healthy for the HRA-based criteria), log in using the NOSC's 4-digit NRA number. This will produce an HRA report for all active duty (full-time staff) plus reserve members of that NOSC.

For more information about the HRA, please visit:

http://www.nmcphc.med.navy.mil/Healthy_Living/General/healthriskassessment.aspx

8. A summary of changes to the criteria is attached.

9. For more information, please contact the Project Manager:

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Navy and Marine Corps Public Health Center

**Blue H
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Summary of Changes in the 2012 Version

Semper Fit Center criteria were completely revised.

Fleet and Medical Staff Health:

- Change the Blue scoring standards for fruit from 70% to 60% (average 2010-2011 HRA score Navy wide was 59% healthy).
- Change the Blue scoring standards for vegetables from 50% to 35% (average 2010-2011 HRA score Navy wide was 38% healthy).
- Add "Military One Source for Reservists" as a weight management resource in Fleet line 90 and Medical line 129.
- Add new criterion to Fleet "policy" and Medical "staff health/policy" for training for command Suicide Prevention Coordinators; 1 point.
- Change sleep awareness activity in Fleet 71 and Medical 105 from "awareness" to "educational event."
- Update weblinks for NASD and NDSD in the Blue H criteria sheets for Fleet lines 24 and 73; Medical lines 25, 26, 61, 107; Semper Fit lines 28 and 36.
- Until and unless hardcopy kits become available, Replace the NASD and NDSD events for Fleet lines 24 and 73; Medical lines 25, 26, 61, 107; Semper Fit lines 28 and 36 with "Did the command conduct an awareness level activity to promote the web-based screening-day resources". ALSO change the values of all these to 3 points.
- Add new sexual health criterion "Have at least 50% of your MILITARY members viewed the FILM on the NMCPHC SHARP Toolbox DVD "HIV and Me" or was this film shown on ship-TV?"
- Add new sexual health criterion "Have at least 50% of your MILITARY members viewed the FILM on the NMCPHC SHARP Toolbox DVD 'Contraception'- OR - did the command conduct at least one iteration of NMCPHC's 'For Ladies Only' or one iteration of NMCPHC's 'Reproductive Health'?"
- Add new sexual health criterion "Did at least 80% of military members score as "healthy" on the HRA for Family Planning? (NOTE – this new HRA question was added in 2012).
- Add new sexual health criterion "Did at least 80% of civilian workers score as "healthy" on the HRA for Family Planning? NOTE – this new HRA question was added in 2012.
- Incorporate 2012 mandatory GMTs into new/old GMT criteria: GMT subjects and materials; make all GMTs uniform at minimum of 75% attendance/completion; define GMT completion as "during FY2012" (vs. CY 2012):
 - o Responsible Use of Alcohol,
 - o Responsible Personal Behavior (Equal Opportunity, Sexual Harassment, Grievance Procedures and Sexual Assault Prevention and Response
 - o Ask-Care-Treat Suicide Prevention
 - o Operational Stress Control

For MEDICAL Only:

- Suspend the conference and poster presentation criteria for 2012 since the AFPHC conference is cancelled.
- Deleted – “Tobacco use status was documented by the MTF staff for the LATEST available 6 months of data at the 95 percent level as measured in January 2012 by the BUMED”

For FLEET Only:

- Line 56 (all CFLs get continuing education) add “ACFL” and list virtual training / courses as acceptable sources.